



# WEEK 12 MEAL PLAN



## ALYSSA'S TIP OF THE WEEK

"Meal plans should be adjusted to your family's schedule. For example, if you have a busy day on Monday and a slow-cooker or instant pot meal would be better that day, switch which day you prepare certain recipes!"

### MONDAY

#### SUSHI BAKE



[RECIPE HERE](#)

### TUESDAY

#### EASY INSTANT POT LASAGNA



[RECIPE HERE](#)

### WEDNESDAY

#### TACO PIZZA



[RECIPE HERE](#)

### THURSDAY

#### CHICKEN MILANESE



[RECIPE HERE](#)

### FRIDAY

#### SLOW COOKER BALSAMIC BEEF



[RECIPE HERE](#)

## SHOPPING LIST

### DAIRY

- CREAM CHEESE (3 OZ)
- RICOTTA (1 CUP)
- SHREDDED MOZZARELLA (1 CUP)
- SHREDDED COLBY JACK (2 CUPS)
- EGGS (2)
- GRATED PARMESAN CHEESE (1/3 CUP)

### SEASONINGS

- SESAME SEEDS (GARNISH)
- ONION POWDER (3 TSP)
- GARLIC POWDER (1 TSP)
- ITALIAN SEASONING (2 TBSP + 1 TSP)
- TACO SEASONING (1 PACKET)
- KOSHER SALT (1 1/2 TSP)
- SALT AND PEPPER

### PANTRY STAPLES

- SUSHI OR SHORT GRAIN RICE (1 CUP)
- SEASONED RICE VINEGAR (2 TBSP)
- SUGAR (1 TBSP)
- KEWPIE MAYO (1/3 CUP)
- SRIRACHA (2 TBSP)
- NORI (1 .17-OZ PACKAGE)
- SPICY MAYO (GARNISH)
- EEL SAUCE (GARNISH)
- OLIVE OIL (1 CUP +1 TBSP)
- JARRED MARINARA SAUCE (24 OZ)
- BOWTIE PASTA (16 OZ)
- PREPARED PIZZA DOUGH (1)
- CORNMEAL (2 TSP)
- ALL-PURPOSE FLOUR (3/4 CUP)

### PANTRY STAPLES CONT.

- BREAD CRUMBS (1 CUP)
- BALSAMIC VINEGAR (3/4 CUP)
- BROWN SUGAR (1/2 CUP)
- WORCESTERSHIRE (1 TBSP)
- BEEF BROTH (1/2 CUP)
- CORNSTARCH (2 TBSP)

### PROTEIN

- IMITATION CRAB (8 OZ)
- SALMON FILET (8 OZ)
- LEAN GROUND BEEF (2 1/2 LB)
- BONELESS SKINLESS CHICKEN BREAST (4)
- BONELESS CHUCK ROAST (4 LBS)

### PRODUCE

- GREEN ONIONS (GARNISH)
- FRESH CILANTRO (GARNISH)
- FRESH PARSLEY (GARNISH)
- SMALL WHITE ONION (1)
- ICEBERG LETTUCE (1/2 CUP SHREDDED)
- TOMATOES (1 CUP)
- JALAPENOS (1-2, OPTIONAL)
- LEMON (1)
- MINCED GARLIC (2 TSP)

### CANNED GOODS

- REFRIED BEANS (1 15-OZ CAN)
- SLICED BLACK OLIVES (1 2.25-OZ CAN)